

# *Studfield-Wantirna Community News*

*Bringing our community together.*

*Edition 1 - Winter 2008*



*Photo by Elaine Craig of Knox Photographic Society*

*Welcome to our  
new Community  
Newspaper!*



**Free**

# A message from Heidi Victoria

Member for Bayswater



Hello all!

Well, haven't we had some great rain? The area is looking green and vibrant again.

One thing that I really love about Wantirna is the pride people have in keeping the place clean, and their gardens so beautiful. I also love the fact that the Studfield traders know many of their shoppers by name. It's a bit like country shopping, but in a great location!

It's this sense of community that I believe makes the area so special. Due to the vigilance and tenacity of our local Neighbourhood Watch team, graffiti has been kept to a minimum, and the community policing initiatives of Knox Police are having a positive impact.

From time to time, however, there may be things in the area that need fixing.

For example, I am still trying to get VicRoads to acknowledge that we need a right turning arrow from Coleman Rd on to Stud Rd. It's a busy and dangerous intersection that needs addressing.

If you know of other issues I should be pursuing (with your help!), please give my office a call on 9729 1622 or email me: [heidi.victoria@parliament.vic.gov.au](mailto:heidi.victoria@parliament.vic.gov.au).

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Gift vouchers available

**Level 1 Suite 9/249 Stud Road, Wantirna.**

Contact Marita on 0425 735 581

# Welcome to your NEW local Community Newspaper

Welcome to your new community newspaper, Studfield-Wantirna Community News. The paper is an initiative of Orana Neighbourhood House located in Coleman Road, Wantirna South.

The idea for a community newspaper came about in 2007 after recognising the success of other local community newspapers like Upper Gully News and Boronia and The Basin Community News. Orana applied for a grant from Knox Council which has helped in the establishment phase, and now we are proud to launch our first edition.

The aim of the Studfield-Wantirna Community Newspaper is to provide an avenue of communication for local people. To provide an opportunity for information and involvement for people who live in the Studfield Wantirna community.

I would like to thank the local businesses, community groups and individuals, who have put contributions together and shown their willingness to support a new community venture. I would also like to thank the production team who have helped get the paper off the ground!

We are hoping you all get on board and support the paper by sending in contributions like recollections of living in the local area, news from your group or club, stories, recipes, garden tips, letters, opinions and reflections. The next meeting of the production team will be on Thursday, July 31 at 4.00pm at Orana Neighbourhood House, 62 Coleman Rd Wantirna South. If you fancy joining in, come along. This is YOUR community newspaper so let's make it great!

Janet Claringbold, on behalf of the production team.

## Knox Photographic Society

The Knox Photographic Society Inc. (KPS) was founded about 30 years ago by a small collection of like-minded fellows who wanted to promote the art and craft of photography and also share their knowledge, expertise and passion.

There is no need to join KPS immediately. Visitors are always welcome and by all means try us out for a couple of visits, then decide if you want to sign up. Fees are very moderate.

KPS meets on the 2nd and 4th Wednesdays of every month (except in Jan and Dec) at the Boronia West Primary School, Tormore Rd Boronia (watch for the blue 'Aquatic Centre' sign on Boronia Rd). Mel: 64:J8.

At the first meeting for the month we usually have a guest speaker, who presents a 'seminar' on something photographic. The talks are usually centred about the speakers' particular experiences and talents and can range from photojournalism to wedding photography, travel photography, landscapes, macro, table top, even scrap booking. The first meeting of the month is also the night

members hand in their works for the current month's image competition. The third Wednesday of the month is judging night, of the images submitted on the prior first Wednesday.

In a month of five Wednesdays, the last Wed night is usually a 'prac' night, most often with hands-on how-to's.

Meetings start at 8pm and run until around 10pm. We have a good mix of practical how-to sessions, as well as a range of informative guest speakers, plus of course our regular image competitions. There is ample parking available in the large carpark between the school and the adjacent swimming pool. So with these landmarks, you should have no problems finding us, it's through the school gate and left at the first door.

For more information, see the Society's web page at [www.kps.org.au](http://www.kps.org.au), or contact the Secretary [elaineconmurra@rocketmail.com](mailto:elaineconmurra@rocketmail.com) or after hours at 9754 6894.

# Contact

Published by:  
Studfield Wantirna News  
c/o Orana Neighbourhood House Inc.  
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Wantirna South by Elaine Craig

Area coverage: Burwood Hwy (excluding  
Knox City), Lewis Rd, Boronia Rd, Stud  
Rd, Mountain Hwy, Rochelle Dr, Dandenong  
Creek, Wantirna Rd, Eastlink, Burwood Hwy.

Copies: 3000 through distribution points at  
various locations locally.

NEXT EDITION

Spring - September

DEADLINE

Thursday, August 21st


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*62 Coleman Rd, Wantirna South*

*Telephone: 9801 1895*  
*Cost \$5.00*



# Where's Wally?

by Janet Claringbold

Local identity Wally Gaugg has run Boocock's Butcher Shop at Studfield shopping centre for many years, but what's Wally up to now?

Wally and his partner Barry began running the Boocock's Butcher Shops in 1976. The name "Boocock" was the family name of Wally's business partner Barry, whose father and grandfather were also butchers. Barry's family were well known in the Torquay area but operated under another name. As Barry already had the name "Boocock's Butchers" registered as a business name, the pair decided to use this name and went about expanding their business.

Boocock's Butchers became a big enterprise, with stores operating all over Melbourne and Geelong. Boocock's Butcher shops could be found in suburbs including Wheelers Hill, Ferntree Gully, Doncaster, Altona and Airport West. In the early years, Wally and Barry also ran a variety of other businesses including menswear and furniture.

In 1982, Barry decided to call it a day and Wally bought the business out. He kept the stores all going for about 10 years and then began to wind the business back to just three stores. As thoughts of retirement loomed, Wally scaled the business down to just the one store at Studfield.

Boocock's at Studfield was the store Wally focussed on because of his connection to the Studfield community. Wally lived in Mingana Road, Wantirna South with his wife Irene and two children, Troy and Mel, until around 1987-88, when the family moved to nearby Lysterfield. Wally's children went to Studfield Primary School, formally located in Coleman Road. Son, Troy played footy with Studfield Junior Football Club, clocking up 150 games. In recognition of Wally's involvement, the club has honoured Wally with life membership. Mel was involved in BMX riding, brownies, dancing and calisthenics and took up a career in real estate, becoming one of the first women auctioneers in the local area. Both Troy and Mel were active in Little Athletics representing Studfield. Having active children, and Wally busy with the business, meant that Irene often found herself doing the job of "dad"

as well as "mum", but Wally was always around for the important things!

Over the years, Wally has helped 45 to 50 kids through apprenticeships at his various stores. Wally believes around 90% of his apprentices have stuck at being butchers. He found most of his apprentices through word of mouth, taking on the kids who wanted to give it a go. The kids who started with Wally began as "clean up boys", working mainly after school, which gave Wally a chance to see how they fared. If they showed promise and enthusiasm, he would take them on as apprentices. Wally believed that the apprentices made his business, without them he would not have been able to expand or keep the businesses running. Two of Wally's apprentices, Darren and Michael now own and run the Studfield store and another of Wally's apprentices, "Frog" can be found at Mark's Meat in Wantirna Mall. Frog's brother Mark also learned the trade through Wally's stores and is now located in Echuca. Both Wantirna stores are well renowned in the local area for the quality of their meat. Wally has found that in more recent times it has been difficult to find kids willing to take on apprentices as butchers, Wally puts this down to a preference to pursue careers in areas like computers and a reluctance to put in such long hours. However, Wally says, there are many opportunities for a career as a butcher for any young person, who would like to give it a go.

Wally has been a champion of our local community with sponsorships of over 40 to 50 clubs including football, cricket, tennis, golf, BMX, kindergartens, playgroups, schools, scout groups and supporting charities like the Salvation Army. Sponsorships have included donations of meat, raffle prizes and some cash donations. It's good to know that Wally has passed on his philosophy of supporting the local community to his apprentices, who are keeping up his legacy of sponsorships to local groups. Wally believes that if kids are involved in sport, they are off the streets! He feels that his own two children have benefited by being involved in organised sports, so it's only fair to give something back to the groups in our community, who provide kids with these opportunities.

**(continued on page 6)**

# Where's Wally (con't from page 5)

Wally has also been President of the Studfield Trader's Association for over 15 years. Wally puts the success of the Studfield Shopping Centre down to the strength of the traders as a team.

The Traders' Association has given the traders an avenue to provide each other with practical support. As small businesses the Studfield Traders work long hours, not always recognising things in their shop or business that could be improved upon, when looking from an outsider's point of view. For example, another trader may spot an area that may need a bit of "sprucing up", missed by the busy owner, they in turn may notice something that needs addressing in another area. This communication helps to lift the standard of the shopping centre and builds the customer's confidence in the shopping strip. This confidence is what keeps customers returning - because they benefit from a more enjoyable shopping experience.

Wally feels that the Studfield Shopping Centre is very successful in comparison with other local shopping strips, and puts this down to the traders all working together to help each other out. The Traders Association also show their appreciation of their customers by running community raffles for events like Christmas, Easter and Mothers' Day. These kinds of activities help the community connect with the

traders and builds a sense of family.

Wally's decision to retire comes after years of working a minimum of 60 hours each week. He admits, he has found himself tiring of the pressure and always feeling weary. His retirement has been planned for sometime, and he has been slowly withdrawing from the business and easing himself into retirement. Unexpectedly, due to family events, Wally has found himself working for the last seven weeks in his son Troy's shop "Shockolade". Wally was happy to lend a hand to help out when the need arose, so the retirement plans have had to wait a little longer!

Of all the things Wally will miss, it is mostly the daily communication with his customers, many of whom have become personal friends. In the future, Wally would like to spend time travelling, playing golf and going out to dinner. He is also looking forward to spending some quality time with his four grandchildren who are five, three, three months and two months old. We may still get to benefit from Wally's generous community attitude as Wally is planning to keep up his active involvement in community life, including the possibility of running for Council in November.

Good on you Wally, you're a true community hero!



Wally Gaugg (centre) with Michael and Darren of Boocock's Meats at Studfield shopping centre

# Local Update from Councillor Adam Gill



## Studfield Road Safety Upgrade

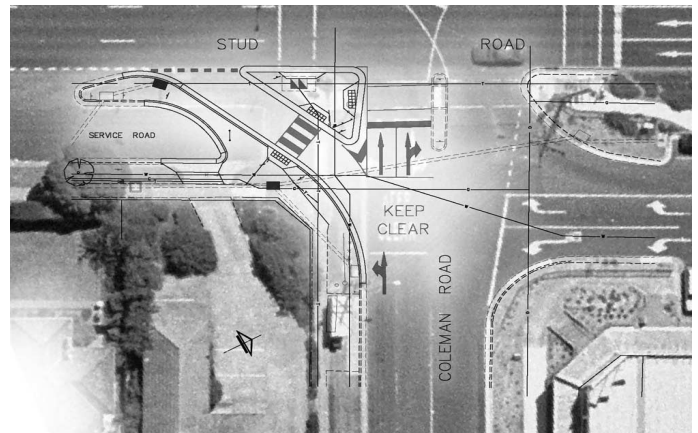
Knox Councillor Adam Gill has announced Council will start work soon on a new, safer left turn slip lane at the intersection of Stud and Coleman Roads, Wantirna South.

“Council is committed to improving local road safety and reducing traffic congestion” said Cr Adam Gill. The new slip lane and traffic island will be constructed on the south corner of Coleman Road and take about six weeks to finish.

There will also be some minor realignment at the end of the service road to maximise safety for all road users.

The new slip lane will improve access from Coleman Road significantly, making it safer and easier to navigate for drivers:

- Better vision for drivers exiting Coleman Road;
- Improved access for crossing at the intersection by residents with disabilities.
- Reducing congestion for all users by cutting down the bottleneck of drivers needing to make left-hand turns.



Cr Gill said Council and the contractor are making every effort to minimise disruptions that may be caused during the project however some delays and inconvenience will be inevitable.

“Knox Council is continuing to lobby Vic Roads to place a right-hand turn arrow from Coleman Road into Stud Road and a right-hand turn arrow from Harold Street into Stud Road to further improve local road safety” said Cr Adam Gill.

Works should start in June 2008.

## Coleman Road Shops Upgrade

Knox Councillor Adam Gill has announced a major upgrade of the Coleman Road Shops located at the corner of Coleman and Lewis Road. When complete, the commercial centre will deliver a more vibrant place to shop.

Cr Adam Gill said the strip would be the first of six local shopping centres to be upgraded in the next five years.



Cr. Adam Gill (centre) with happy local traders.

“People are quite proud of their neighbourhoods and want their shopping strips to be attractive places” said Cr Adam Gill.

Changes will improve pedestrian access and breathe new life into the site:

- Footpath widening
- Better street lighting
- Tree planting
- New seating, bins and bike racks
- Improved pedestrian crossings
- New steps to tennis courts
- Garden beds

A smart system of water diversion will take rainfall from the adjacent tennis courts and feed it into the new street trees in front of the shops. It's a responsible use of a limited resource that all our community needs so much in the face of a serious drought.

Cr Gill said the number of car spaces would not be reduced.

Work will start June 2008

# Memories

*of Studfield and Wantirna*

## *Memories of Orana* by Marie Pierce

I would like to tell you about my memories of Orana Neighbourhood House.

I moved into my home in Coleman Road in 1964 and apart from Orana, there were no other buildings or homes from Pentlowe Road to Lewis Road in the street.

There were no made roads or footpaths - there was a sign where the footpaths would be, saying "NO HORSERIDING ON FOOTPATH"

This was like the country! I had come from Prahran and had never seen so much empty land in a suburb!

I had four children who all attended Orana Kinder. It was small with the whole building only as big as your kinder room (Orana's current child care room -ed.). There was a small sand pit and a small climbing equipment - the children went two and a half days per week. I made a lot of friends, some of whom I still see today.

My nephew was married down at Orana . He had his reception there as well.

It was a nice, cosy and safe place for the children to play, knowing they were safe behind the cyclone fence.

Well it seems as if I have gone full circle with me being back at Orana with my grandchildren attending occasional care.

I really hope Orana continues to grow and stay, as I am sure I'm not the only one with wonderful memories of a great little house.

\*\*\*\*\*

**We would love to hear your memories of living in Studfield and Wantirna. You can send them by email to [studfieldwantiranews@netspace.net.au](mailto:studfieldwantiranews@netspace.net.au) or post them to 62 Coleman Rd, Wantirna Sth or drop them into Orana Neighbourhood House.**



Marie's son, Brett at Orana Kindergarten in 1979 with Coleman Rd. in the background.

### **Advertise**

in the next edition of  
**Studfield-Wantirna  
Community News**

Phone Janet at  
Orana Neighbourhood House  
for details on 9801 1895



# Wantirna Cool Store by Glen Turnbull, local historian

The name "Wantirna" only dates back to 1913. Prior to that, the area was part of Bayswater. One of the earliest Wantirna buildings is the cool store. The building of the Wantirna Cool Store was necessary because of the large area under market gardens and orchards in the district. The cool store was built on the eastern corner of Mountain Highway and Boronia Road in 1918 (where the current McDonald's Restaurant now stands).

Prior to the Wantirna Cool Store, orchardists had to sell their produce quickly before it was destroyed. This was either by selling directly to the public or the producer frequently setting off to the Melbourne markets in fully loaded wagons very early in the morning and returning quite late or the following day.

The cool store consisted of several well insulated chambers, an engine room and an engineer's residence. The cooling process was provided by a 42 horse power Ruston Hornsby engine and a Werner 12 ton horizontal compressor, which were stored in the engine room. The Ruston Hornsby engine produced ammonia gas from burning charcoal. This gas was fed into the Werner compressor producing a constant cool temperature throughout the chambers.

The first resident engineer was Mr Ernest Roberts. He lived at the cool store with his wife and two children for many years. The storage capacity of the cool store was 20,000 bushel cases. The size of the cool store more than doubled within a short period of time with the construction of additional outbuildings.

The cool store worked



• **Engineer's residence in the foreground next to the Wantirna Cool Stores near the junction of Mountain Highway and Boronia Road, Wantirna. McDonald's Restaurant was later built on the site.** (Knox Historical Society image)

as a producer's co-operative. Producers purchased shares in the co-operative, depending on how much space they required to store their produce. There was originally a limit of 400 shares per producer, but various family members purchased extra shares as required. The Knox Historical Society holds the original Wantirna Cool Store shares register. Please let me know if you would like to gain access this register. All the familiar local pioneer family names are mentioned and shares frequently change hands between the local families.

The cool store finally closed in 1974 as a direct result of suburbanisation which quickly replaced the orchards. Better transportation methods also contributed by quickly moving produce from all over the country to the newly established supermarkets. All the cool store buildings were demolished by the early 1980s.

For more information on local history of Wantirna or if you have a particular local history question to ask, please contact me on [gturnbull@yahoo.com.au](mailto:gturnbull@yahoo.com.au) I hope to answer your questions in the next edition of this newsletter.

\* Glen is a former president of the Knox Historical Society and is the archivist/historian for The Knox School.



• **Mr. Ernest Roberts, his wife Ruby and their two children: Ernie jnr and Mabel.** (Knox Historical Society image)

# Coming up .....

## at Orana Neighbourhood House

Orana offers a range of programs, courses and classes for people living in our community, as an opportunity for enjoyment, learning and to develop new interests and skills. It is a place where people can come together to offer each other friendship, encouragement and support. Recently, there have been many changes at Orana, like our new verandah to the north, a new window in our reception area, new plants in the garden and the start of a "fairy garden" in the children's playground. If you haven't been to Orana in a while you are welcome to pop in and see how Orana has become a great place for our community.

### ***Energy Efficiency***

**funded by Knox City Council**

Learn how to create a cool home in summer and a warm home in winter whilst, saving on your energy bills by using less and signing up to green power. Explore DIY techniques and learn about energy efficient appliances to create an energy efficient home. Find out about ratings, rebates, insulating your home, stand by power, solar hot water systems and solar power.

**Wednesday, June 25, from 10.30am - 12.30pm**

**Cost - gold coin donation**

Money raised goes towards purchasing wool to knit clothing for Aids babies in Africa.

**Bookings essential 9801 1895**

### ***Level 2 First Aid or Update***

**Including Level 1 and CPR**

Revive2Survive provide an innovative flexible delivery model to make your fully accredited first aid training easier than ever before. One full day of intensive training with take home assessment tasks that you mail for correction.

**Saturday, June 14, from 9.30am to 4.30pm**

**Cost \$135.00**

### ***Walking Group***

Come and join our enthusiastic "Wednesday Walkers" and have some fun and company while working towards improving your fitness.

**Wednesdays at 9.30am. Cost \$2.00**

### ***Jewellery Making***

In this hands on course you will learn the skills and techniques to make a bead dangle necklace and a funky toggle clasp bracelet

**Tuesday, June 17 & 24, from 7.00pm to 9.30pm**

**Cost \$30.00**

### ***Mandala Workshop***

Come and explore your creative side with inspiration and guidance from Karen Scott. No artistic ability needed as Karen has the tools to enable you to make your own special work of art while exploring the layers of grief that may be inside you. This grief may be from the loss of a loved one, moving into middle age, children leaving home or even moving house. Grief comes in various forms and people grieve in many different ways. This workshop may help you process it.

**Saturday, June 21, from 9.30 am to 4.00pm**

**\$70.00 plus \$15.00 materials fee on the day.**

### ***Art Group***

Develop and hone your artistic skills in this relaxing and supportive class.

**Thursdays 10.30 to 12.30 - \$16.00 each week.**

### ***Publisher Workshop***

Get started with desktop publishing, learn to make flyers, brochures, invitations and cards.

**Thursday, June 19 - 10.00am to 12.00 noon - \$18.00**

### ***Make Your Own Website***

Learn how to make your own site using freeware.

**Saturday, June 14 & 21 - 10.00am to 12.00noon**

**cost - \$50.00**

### ***Learning to Burn***

Learn how to put all your work and documents onto a disk

**Thursday, June 26 -10.00am to 12.00 noon - \$18.00**

Orana Neighbourhood House  
62 Coleman Road, Wantirna South  
Manager: Leeann Herman  
Telephone 9801 1895 Fax 9800 3192  
onh@netspace.net.au  
www.orananh.org.au

## Reflexology

*An ancient modality with revived interest.*

Reflexology is a form of massage conducted primarily on the feet and hands. Reflexology dates back as far as 2330BC in Ancient Egypt where Egyptian Hieroglyphics have been discovered showing physicians working on the people's feet and hands. Reflexology is still practiced today and modern reflexology dates back to 1917 where a medical doctor, Dr William Fitzgerald developed Zone Therapy where the body is sectioned into 10 zones, each zone has within it a particular organ or body part. The doctor made further discovery when he worked on patient's hands and feet, and found that it helped to relieve pain in the related organ of the body. Today a growing number of people are able to feel the benefits of reflexology and see their own health benefit. With 2 schools in Melbourne currently offering reflexology as a course and a professional Association to represent its members, reflexology is a fast growing and well received health therapy.

Reflexology is a non invasive, wholistic modality that compliments all forms of medicine and alternate therapies. When we look at the body, it is like a finely tuned instrument and if everything is functioning properly then the body remains in a healthy well balanced state. However, if the opposite occurs, the body will feel unwell and disease will occur.

Reflexology can help to bring the body back into balance by helping to reduce stress, improve circulation and boost lymphatic function. A reflex is actually a reflection of the individual's body system; the practitioner incorporates gently stretching and relaxing techniques to loosen the foot and then works the entire body system, with their thumb and fingers gentle massaging over the reflex to stimulate the point. Sessions are usually an 1 hour in duration. By stimulating the reflex, the aim is to improve circulation and blood flow to the organ or body part

represented on the foot or hand. This also assists in providing the body with a gentle yet effective detoxification. Clients usually comment that their feet feel lighter and freer. With our hands and feet working overtime on a daily basis it makes sense to provide them with a little TLC.

Reflexology benefits are now becoming better known within the community. For people with diabetes or those who have had a stroke or those experiencing difficulties with menopausal symptoms or any circulatory issues, these people may find reflexology a benefit. It can assist in helping to improve a variety of conditions. Whereas one visit will provide the client with a general feeling of relaxation, it is recommended that the client allow at least 3-6 visits to see the effects reflexology has on their condition. It is also interesting to note that if you are registered with a health care provider and have extra's cover; you may be entitled to a rebate after a reflexology session with a qualified practitioner, depending on the provider. It is always best to check with your reflexologist at the time of making your appointment.

Marita Reynolds is a practising reflexologist in Studfield shopping centre at the Wantirna Remedial and Naturopathic clinic, Suite 9/249 Stud Rd, Wantirna. Marita welcomes enquiries and would happy to discuss how reflexology could benefit anyone looking for either releasing stress related symptoms or to assist in improving circulation within the body to restore general wellbeing. Marita can be contacted on 9801 5201 or 0425 73 5581.



## Pilates *from Back in Motion at Wantirna Mall*

Pilates- What is it?

Pilates is being hailed as “the fastest growing exercise technique worldwide”. Once a well kept secret by celebrities such as Madonna and Courtney Cox, people worldwide are committing to what is being termed a more “mindful” and “intelligent” exercise approach. Pilates (pronounced pil-ah-tees) combines health, fitness and injury prevention to promote a workout that not only helps participants look and feel great but also helps them keep mobile, flexible, balanced and fit for living.

Pilates is a mind body conditioning exercise program that targets the deep postural muscles of the abdomen and spine to improve overall central core stability and posture. Developed by Joseph Pilates during World War I, Pilates brings the mind and body together to achieve strength and stability through the following eight sound principles: Concentration, centering, breathing, isolation, routine, precision, control and flowing movement.

The medical world is now realising the benefits of the Pilates method for the prevention and rehabilitation of back injuries and instability. The use is integral to breaking the cycle of long term back pain and reducing the risk of back pain in the future. Pilates provides people with a method of exercise unique to other forms of exercise. It focuses on correct movement quality not quantity, core stabilisation and postural correction.

In order to prevent a recurrence of back pain, it is essential to retrain the stabilising muscles. The lower abdominals, combined with the deep muscles of the back, the diaphragm and the pelvic floor muscles are co-activated to form an enclosed abdominal ring, termed a ‘cylinder of stability’. This cylinder, or ‘central core’ allows an increase spinal stability by supporting and controlling the individual spinal segments. This also produces a better posture. Pilates is used in conjunction with regular exercise. Unfortunately regular exercise cannot guarantee a pain free back for life. In fact, even fit and strong people remain vulnerable to back injury. More so poor exercise choices and incorrect technique can actually place people at higher risk. The same is actually true with a Pilates workout. There is a multitude of different Pilates styles and techniques

available but many of these may put unnecessary stress and strain on injured or susceptible muscles and joints.

At Back In Motion Bayswater we are trained in Clinical Pilates, which was devised by physiotherapists to manage and treat specific injuries, such as lower back, neck or shoulder pain. It gives the one on one attention that is required to fully evaluate and assess an injured area and then to devise appropriate Pilates exercises specific for the needs.

Clinical Pilates is not only used to treat injuries, it is also fantastic to gain fitness, improve posture, reduce weight, tone the tummy, and strengthen every single muscle. It is used to help train for specific sports or dance. Gaining strength and stability through the trunk and postural muscles helps the athlete with specific tasks such as throwing or jumping, thus improves the overall performance.

Exercises are prescribed and instructed by physiotherapists trained in Clinical Pilates and are performed in small group classes to ensure correct technique is maintained the whole time. Pilates can also be done on specific Pilates equipment including the Reformer, as well as on large Fitballs, and using resistance bands. We make sure that people learn the proper way to perform the exercises so that the correct technique is used all the time, including the exercises performed at home. The exercises are continually progressed and the repertoire is increased both on the equipment and with the floor exercises.

Pilates is a great complement to any injury rehabilitation program or fitness routine.



## Osteopathy

‘Come Say Hello to an Osteopath’

“Osteopathy is a growing profession in Australia and is building an excellent reputation in musculo-skeletal healthcare,” states Dr. Jason Stone, Victorian President of the Australian Osteopathic Association.

Osteopaths, under the umbrella of physical therapy, are extensively educated and medically trained to diagnose and treat all forms of musculoskeletal complaints.

“The term Osteopath can be quite confusing from a marketing perspective, as it leads many people to believe Osteopaths specialise in bone conditions - it could not be further from the truth”, states Dr. Stone. “Osteopaths in fact, are very ‘hands on’ practitioners who through a large array of manual techniques treat many different tissues of the body including muscles, tendons, ligaments and joints.”

So what do Osteopaths specialise in? The philosophy behind osteopathy is based on the whole body relying on all regions working together. Since Osteopaths take into account all inter-related regions of the body for the problem the patient presents with, they must have a comprehensive knowledge of all body regions. Many Osteopaths though, do have special interests. The osteopaths at Wantirna Osteopathy not only treat everyday aches and pains but have also become well regarded for treating sports injuries and even assisting in sports performance by increasing an athlete’s mobility and function. .

So who can see an Osteopath? “Osteopaths learn a vast range of safe and effective techniques that cater for all ages and conditions - my youngest patient was 5 days old and eldest 92,” says Dr, Stone.

So what do Osteopaths do? After taking a medical history and performing an examination, an Osteo-



path will explain the problems found with the mechanics of the body. From these findings, the Osteopath will use the appropriate hands on techniques to improve the condition of these findings and educate the patient how to continue managing themselves. “We would prefer to educate patients on how to look after themselves and only see us when required”, says Dr. Stone.

So what is the difference between Osteopaths, Physiotherapists and Chiropractors? Generally speaking it is the philosophical approach that sets them apart.

Osteopaths undertake a comprehensive 5 year double degree and are classified as Primary Care practitioners. The profession of Osteopathy dates back to the late 1800’s.

One of the aims of our recent Osteopathy Awareness Week campaign was to encourage people who are struggling to regain good health to give Osteopathy a go, in the words of our television commercial - come say Hello to an osteopath”, concludes Dr. Stone.

For further information, visit [www.wantirnaosteo.com.au](http://www.wantirnaosteo.com.au) or contact the Clinic on 9800 0388. Wantirna Osteopathy is located at 161 Stud Road, Wantirna South.

# Sporting Group News

## Templeton Tennis Club .....Your Local Tennis Club

*Community based tennis club located in the City of Knox.*

*Established 25 years.*

The club offers modern facilities, including spacious clubhouse, bar and BBQ pergola. Eight well maintained 'drought proof' mod-grass courts, all under lights. Competitive membership rates.

Templeton offers all levels of competition including senior and junior Saturday home and away competition. Friendly intra-club night tennis competition, Monday to Thursday. Also mid-week Ladies competition, as well as the opportunity for families and friends to get together for a friendly hit of social tennis.



As well as offering a range all tennis for all standards in a friendly social environment, Templeton Tennis Club can also offer help in improving your game, no matter what your current standard. Our team of dedicated highly qualified tennis coaches will assist you in all areas of the game from beginner to expert.

Come and join us in our in our family friendly tennis club...Your club...Templeton Tennis Club.

**Templeton Tennis Club Inc.**  
**Templeton Reserve,**  
**Templeton St Wantirna 3152.**  
**MelwaysRef. 63 G9**

**Membership: Gabby 9729 9460**  
**Clubhouse Phone: 9887 3505**  
**President: John: 9803 0201**  
**Email: [templetontennis@gmail.com](mailto:templetontennis@gmail.com)**

## Men's Shed - Social Group

The Men's Shed is a casual gathering place where men can have a chat over a cuppa or a game of pool. If you're a male living in the Eastern Region, and feel like you want to get out and socialise with other people, then the Villa Maria Men's Shed may be for you.

Villa Maria acknowledged that men in the Eastern Region have their own specific social needs, and require social programs tailored to these needs. Earlier this year, after consultation with other Men's Sheds and community programs across the Eastern region, it was identified that a social group for men who are carers or over the age of 65 was needed. A list of participants for the group has been gradually building ever since.

The Men's Shed is located at 355 Stud Rd Wantirna and will commence in June 2008. The social group will meet on Tuesdays and the cost will be \$5.

For further information please feel free to contact Tom Wiggins- Community Development Worker at Villa Maria on ph: 9837 6605.

# Genie of Beauty

## Nail & Beauty

By appointment only  
contact Lisa on  
0401 220 384

Wantirna South Location

Acrylic Nails      Eyelash Extensions  
Manicures      Eyelash Perming  
Pedicures      Tinting  
Facials      XXX Waxing  
Body Exfoliation      Relaxation Massage

Bridal & Special Occasion Makeup

Gift Vouchers available

Mention this ad to receive

20% off any nail or beauty service

\*Limit one per person

## Wantirna Community Bank® Branch

Shop 5-6, Wantirna Mall  
348 Mountain Highway, Wantirna 3152  
Phone: 9720 4122 Fax: 9720 7866  
Email: [Wantirna@bendigobank.com.au](mailto:Wantirna@bendigobank.com.au)



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**Call 9720 3007**

for more details and session times

Bookings Essential

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9a 348 Mountain Hwy  
Wantirna, 3152

[www.backinmotion.com.au](http://www.backinmotion.com.au)

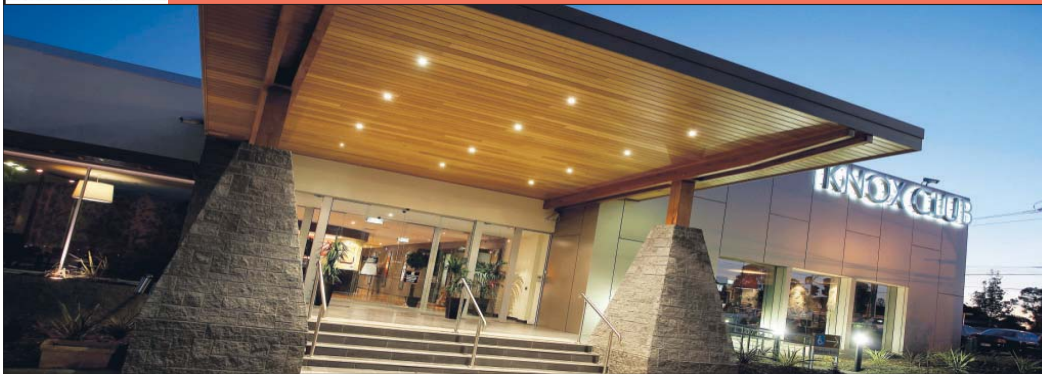


### White Tara Resources

Level 1, 223 Stud Rd, Wantirna Sth  
(next to Studfield Newsagent)

- Aura Soma Readings
- Colour Healings
- Massage
- Reiki
- Alternative Healings

Phone Lynette on 9800 5185



## \$12 Meal Deals

Monday: Traditional Roasts

Tuesday: Schnitzel Night

Wednesday: Curry Selection served with fresh Naan bread

**Cafe Special: \$8.00 Lunch Monday to Saturday**  
Includes a glass of house wine or beer.

Corner Stud & Boronia Roads,  
Wantirna

**Phone: 9801 6466**

# Wantirna Osteopathy



# 9800 0388



Fast claims... on the spot



[www.wantirnaosteopathy.com.au](http://www.wantirnaosteopathy.com.au)